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Celebrity Buzz

Splitsville for Brangelina, source says
pg 18

Orphans arrive in Ottawa

Haitian kids meet new parents

FRED CHARTRAND/THE CANADIAN PRESS

One of 24 orphaned Haitian children arrives yesterday from earthquake-stricken Haiti at the Ottawa airport. The orphaned children, weary from their long journey, arrived in Canada early yesterday into the open arms of their new adoptive parents. More coverage, pages 4, 7

Haiti Crisis

Twenty-four Haitian orphans left their shattered country yesterday to embark on new lives in Canada, stepping off a plane into the crisp early morning Ottawa air and into the warm embraces of their new parents.

The first group of Haitian adoptees to arrive in Canada were brought to Port-au-Prince's airport early yesterday and were swaddled in compassion every step of the way in their journey.

From the workers who carried the little wide-eyed bundles on a bus from the Canadian Embassy to the airport, to the Air Canada volunteers who gently stroked their bellies to help them sleep on the plane, the children were the recipients of a tremendous outpouring of care — before they even reached their anxious parents.

"When I saw that plane land, I was overwhelmed," said Gerry Naugler, the proud new father of Dakemsia, 10, and Deulando, 4.

"When I saw the children coming off, I felt so relieved for all the Canadian families who were reunited in there this morning."

On the way to her new country, though Dakemsia was intently watching an in-flight movie, she said she was looking forward to being in Ca-NAH-da.

"I'm not scared," she said, matter-of-factly. "I'm excited."

Immigration Minister Jason Kenney said officials were expecting upwards of 50 children on the flight, but there were logistical and orphanage staff problems on the ground in Haiti.

There are 90 children already cleared to come to Canada, and another 90 being fast-tracked through the immigration system.

THE CANADIAN PRESS

Public to weigh in on proposed transit cuts, tax hike

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

BUDGET Even with an expected battle over reducing transit services, the city's 2010 budget may be the easiest one in years, but that's an anomaly, according to Capital Ward Coun. Clive Doucet.

Public delegations on the budget start this morning and are scheduled to last all week.

With the help of stimulus funding from senior levels of government, and provincial government uploading the cost of the Ontario Disability Support Program, Doucet said the city was able to create a budget that called for few significant service reductions, except for transit.

City council is considering cuts to several bus routes and increasing taxes by almost four per cent.

"There is something really wrong with our ability to strike a balanced budget when, after receiving almost $400 million in funding from senior levels of government, we still can't balance the budget," said Doucet.

In his state of the city address, Mayor Larry O'Brien warned councillors against adding items to the budget.

"If they feel strongly about additions," he said in his Jan. 13 speech, "I ask them to identify corresponding deletions that will offset that charge."

Not first time for driver in bus crash

NOVA SCOTIA The seriously injured driver of a bus that veered off a bridge and plunged into a river in rural Nova Scotia Saturday was the same man behind the wheel of another intercity bus involved in an eerily similar crash last year.

Driver Ken Mitchell, a longtime employee of Acadian Lines, was among five people sent to hospital Saturday after his bus smashed through a bridge guardrail and fell almost eight metres to the ice-choked Tracadie River near Monastery.

Luckily, everyone aboard escaped — some with the help of emergency crews — as the bus remained only partially submerged in the frigid water.

THE CANADIAN PRESS

News on the Move

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Vancouver **Games**

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

- **Today — Duncan clinches Olympic berth, page 12**

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For the latest information, visit us at chevrolet.gm.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♠No purchase necessary. Contest runs from January 12, 2010 at 9:00:00 a.m. [PST] to February 27, 2010 at 11:59:59 p.m. [PST] (the "Contest Period"). Residents of Canada who have reached the age of majority in their province or territory of residence and who possess a valid driver's license at the time of entry may enter this contest. Limit of one (1) entry per person. There are seventeen (17) Grand Prizes available to be won during the Contest Period, each consisting of the winner's choice of either a 2010 Chevrolet Equinox FWD LS (Approximate retail value: $27,345 CAD) or a 2010 GMC Terrain FWD SLE (Approximate retail value $28,815 CAD). One Grand Prize awarded per day for seventeen (17) days. Odds of winning depend on total number of entries received at the time of each daily draw. Correct answer to an arithmetical skill-testing question and completion of a declaration and release form required in order to be declared a winner. Full contest rules available at http://www.gm.ca. ♣Available at all Chevrolet, Buick, GMC dealers. No purchase necessary. While quantities last. ♦♦$500 gold medal bonus cash is a manufacturer to dealer delivery credit (tax excluded) and is effective on dates in this advertisement. Offer available on all 2009/2010 Chevrolet, Pontiac, Buick, GMC and Cadillac models (excluding all Hummer, Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty trucks). Dealer order/trade may be required. ♥Based on 2010 Chevrolet Cobalt XFE 2010 Coupe (1SA+MX0) with $0 down payment, 0% APR financing for 84 months, the monthly payment is $99. Cost of borrowing is $8,321.78 and cost of borrowing will vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $15,485/$17,795/$13,460 with $0 down payment. ‡‡Financing on approved GMAC credit only. 0% purchase financing for 36 months available on 2009/2010 Chevrolet Aveo/Cobalt. Example $10,000 at 0% for 36 months, the monthly payment is $277.78. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ♥♥♥/‡Freight $1,350/$1,350/$1,350, registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, administration fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2009 and 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (excluding Outaouais). Dealer order (2010 models only) or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. ***At some dealers, the vehicles in this advertisement are only available with additional features at glass etching (up to $424), locking wheel nuts (up to $150), nitrogen in tires (up to $399), GM tire protection plan (up to $220), mud flaps (up to $129), box liner (up to $225), Walk Away Insurance (up to $388) and/or Drive Green Program ($199) which have additional costs. ♦$1,500 is a manufacturer to consumer incentive (tax included). Example: $10,000 purchase price, after tax price is $11,200 ($10,000 plus $1,200 applicable taxes). After applying $1,500 credit, after tax price is $9,700. $1,327.50 reduced purchase price plus $172.50 applicable taxes), with the $1,500 credit being the $1,327.50 reduction from the purchase price and the $172.50 reduction in taxes which would have otherwise been payable on the full purchase price. Such credit may be applied only to the purchase/finance/lease of a new 2009 or 2010 Chevrolet Cobalt delivered between January 12, 2010 and March 1, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information. ◊5 Star Safety Rating is based on the 2010 Chevrolet Equinox FWD LS (Approximate retail value: $27,345 CAD) and 2010 GMC Terrain FWD SLE (Approximate retail value $28,815 CAD) when compared to other vehicles in their class tested in the 2009 NHTSA New Car Assessment Program. Tested with optional side curtain airbags. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Aveo received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. †Chevrolet Cobalt LT Team Canada Edition, MSRP $19,525. †Chevrolet is a brand of General Motors of Canada, the Official Vehicle Partner of the Vancouver 2010 Olympic Winter Games. †IMD 2009, VANOC. ▼Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only; excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. See dealer or gm.ca for additional details. ▼▼To qualify for GM Canada's Cash For Clunkers incentive, you must qualify for the Retire Your Ride Program, supported by the Government of Canada, and you must turn in a 1995 model or older vehicle that is in running condition and has been registered and insured for the last 6 months (12 months in B.C.). Upon Government confirmation of vehicle eligibility under the "Retire Your Ride Program", GM Canada will provide an incentive towards the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride" program, you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any Trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers with take delivery between January 12, 2010 and March 1, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. 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Local

$5K for Brantwood Park project

William Kelly, far left, chair of the Sandy Hill Community Health Centre board of directors, presented a $5,000 cheque to Jenny Mitchell of the Community Activities Group of Ottawa East fundraising committee at its annual winter party to help cover the community's share of the Brantwood Park Field House revitalization. The $150,000 project, cost-shared with the City of Ottawa, will bring year-round programming to the park. Construction is slated for the fall. METRO OTTAWA

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What's online today.

Video Twenty-four Haitian adoptees arrive to open arms in Canada, and Haiti's prime minister thanks Ottawa and Canadians for their support at **metronews.ca/canada**

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Friday, Jan. 22
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These results are not official.

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Fire destroys 8-unit condo

No injuries as Kanata blaze leaves more homeless

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

For the third time in a week, residents of an apartment building in Ottawa have been left homeless by a fire.

Early yesterday morning an eight-unit, three-storey condominium building in Kanata was destroyed by a fire that is estimated to have caused $2 million in damage.

According to Ottawa Fire Service public information officer Pierre Savary, emergency crews responded to a 911 call at 408 and 407 Stratas Court at 5:56 a.m.

By 6:04, it was raised to a four alarm fire, with 65 firefighters in 23 vehicles at the scene.

James Laniyan, owner of the unit at 407 Stratas Court, was told by one of the tenants renting his building that the fire came through the wall separating it from the neighbouring unit at 408. By the time the tenant had escaped, the fire had moved into the roof and engulfed the front half of the building.

No one was injured, but the Ontario Fire Marshal's office has been called in to investigate due to the extent of the damage.

Just after noon on Saturday, a fire destroyed a three-storey row house at 130 and 132 Mann Ave. in Sandy Hill, leaving 28 people homeless.

No one was injured in that fire.

Along with last Monday's fire that destroyed an 18-unit building in the Glebe, and a house fire in Nepean on Thursday, it has been a busy week for Ottawa firefighters.

JAMES LANIYAN/FOR METRO OTTAWA

An early morning fire destroyed an eight-unit condominium building near Eagleson Road in Kanata yesterday. There have been three major fires in Ottawa in the last week, leaving nearly 100 people homeless.

Almost 400 brave (not too cold) Hypothermic

RUN Under sunny skies and with the temperature just a few degrees below zero, if Ottawa's seventh annual Hypothermic Half Marathon didn't quite live up to its fearsome name, nobody seemed to mind.

"Thankfully we didn't have -18 like last year," said event organizer Phil Marsh.

Almost 400 participants, some from Montreal, Toronto and New York state, assembled at Tunney's Pasture yesterday morning to run or walk four laps of a course through the federal government campus. The Hypothermic Half, held across Canada, is organized by The Running Room.

Mike Crawford, 38, of Maitland said he finds winter running more pleasant because it's easier to regulate his body temperature.

STEVE COLLINS/FOR METRO OTTAWA

Ed Binggeli celebrates as he crosses the finish line.

He also enjoyed the camaraderie of fellow runners.

"It was fabulous, he said. "It was a very social run."

Runner Ed Binggeli, who runs with a GPS, was surprised when it showed the route to be a little longer than advertised, 22 km instead of 21.1, but had praise for the course itself.

Proceeds from the run go to the Ottawa Hospital's Stan and Mary Marsh Endowment Fund.

STEVE COLLINS/FOR METRO OTTAWA

News in brief

SUSPECT Police are searching for a white male between 40-50 years of age, who is suspected of robbing a CIBC branch in Barrhaven on Saturday. The man is described as five-foot-10 with a medium build. He has blue eyes with a pink discolouration under his right eye. Contact 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS).

ASSAULT A 27-year-old male suffered serious but non-life-threatening injuries after being assaulted by unknown males who stole his car in the area of Parkdale Avenue and Grant Avenue on Friday. METRO OTTAWA

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For more information visit our website
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Majority of Canadians unaware of Black History Month, poll shows

More than two-thirds of Canadians are unaware that February is Black History Month. These are the results of a recent poll conducted by TD Canada Financial Group that was released today. Of the 1,020 people that were surveyed across Canada, only 32% were able to correctly identify February as Black History Month. **TORSTAR NEWS SERVICE**

Canada

Doc sets up clinic in Afghanistan

An Afghan-Canadian cardiologist has managed a remarkable feat — setting up Afghanistan's first free academic cardiac clinic. The Ali Abad Cardiac Research Centre is a tiny but important step forward for health care in a country where the vast majority of the population either cannot afford treatment Dr. Asmat Naebkhil, left, has spent most of the past two decades working in hospitals across Canada, most recently at Windsor Regional Hospital in Windsor, Ont. THE CANADIAN PRESS

Aid efforts stalled by difficult conditions

Haiti Crisis

A group of Canadian soldiers found themselves temporarily stranded in the mountains of southern Haiti with their convoy held up by a traffic accident yesterday.

The incident — in which there were no injuries — offered a vivid illustration of the challenge in distributing supplies through the devastated country.

A Canadian Forces convoy with the army's only bulldozer in the Jacmel region spent part of the day stuck on a treacherous, winding mountain pass by a cliff.

"It's months of work. There's parts of the city that are totally destroyed."
Master Cpl. Clint Mainville

Several members of the army's Disaster Assistance Response Team were stuck on the treacherous road as soldiers tried to repair the damaged vehicles. Among the four vehicles in the stranded convoy was the bulldozer the DART has been using to clear rubble.

The international relief mission is shifting as the desperate search for survivors gives way to clearing debris. Damaged homes and roads are being bulldozed, and bodies are being carried away.

Master Cpl. Clint Mainville said the Canadian military was contacting civilian contractors in the hope of renting extra equipment. He said the clearing process will be a long one.

"We're basically getting rid of all the debris, garbage and rubble off the streets so people can get through," said Mainville. "It's months of work. There's parts of the city that are totally destroyed. There's roads that are totally blocked off."

THE CANADIAN PRESS

Church **Iggy meets Haitians**

GRAHAM HUGHES/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff greets members of Montreal's Haitian community at the Haitian Evangelical Church of the Christian & Missionary Alliance in Montreal, yesterday.

News in brief

COURT MARTIAL A Canadian soldier will face a court martial today, accused of the 2008 murder of a wounded, unarmed Taliban fighter in southern Afghanistan — a case a military expert says is almost certainly the first of its kind. Capt. Robert Semrau has been charged with second-degree murder in the battlefield killing.

OBAMA U.S. President Barack Obama is not expected to attend the opening ceremonies for the 2010 Olympics, and it's expected Vice-President Joe Biden will be the U.S. government's official face at the Feb. 12 event. THE CANADIAN PRESS

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ScanLife

Canadians enjoying January's mild spell might want to thank our friend El Nino, says Environment Canada. Scan this code for the story.

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Search and rescue team having Nunavut
A search and rescue helicopter is making its way to a remote area of Nunavut to pluck a stranded Inuit hunter from a snow-shrouded ice floe in the Northwest Passage. THE CANADIAN PRESS

Afghan interpreters could face immigration delays

Canadian soldiers might be long gone from Afghanistan before Afghans who risked their lives in support of the mission are ever allowed into Canada.

Nine months after Ottawa promised to expedite immigration applications from those Afghans, the new bureaucratic maze they have to navigate has barely sputtered into existence.

Interpreters, who face some of the gravest risks, said they were delighted when diplomatic staff finally briefed them about the program three months ago.

"If this does not work, this will be the worst memory of our life. They will break our hearts."
Lal (Jamal) Mohammad, interpreter supervisor

"That was a kind of hope for the Afghan people who work for the Canadian guys or Canadian troops here," said Lal (Jamal) Mohammad, who oversees 76 interpreters in Kandahar.

"If this does not work, this will be the worst memory of our life. They will break our hearts."

While Ottawa promised an expedited process, the program seems to be anything but straightforward.

Applicants must first fill out a form and hand it along with supporting documentation to a third party in Kandahar city — the International Organization for Migration, an intergovernmental agency.

The organization then passes approved applications to a "joint referral committee," comprising senior Canadian military and civilian officials at Kandahar Airfield.

The committee does not yet exist.

THE CANADIAN PRESS

High risk

- Many interpreters, a critical nexus between the Canadians and local Afghans, have been gravely wounded or killed in insurgent attacks, while others and their families have been threatened with death.

Vancouver **Olympic pride**

DARRYL DYCK/THE CANADIAN PRESS

A man rides a skateboard down a street past an oversized Canadian flag wrapped around a downtown building yesterday in Vancouver.

PM to highlight G8, G20 priorities at conference

AGENDA Prime Minister Stephen Harper plans to test drive his priorities for the G8 and G20 summits this week at an elite conference in Davos, Switzerland, where he's expected to put an emphasis on the environment, development and global economic growth.

While Canada's official agenda for the end-of-June summits is not yet finalized, climate change will figure prominently at both meetings, a senior government official said.

Economic recovery, banking regulations, aid for mothers and children in poor countries, and global security are also top of mind for the prime minister as he leaves tomorrow night for a quick three-day trip.

THE CANADIAN PRESS

News in brief

EDMONTON Alberta's Tory government is trying to steer itself out of turmoil after several unpopular decisions have shaken the foundations of Premier Ed Stelmach's comfortable majority. Stelmach has two years before the next election, but his current prospects are grim. A poll released before Christmas put his Progressive Conservatives more than a dozen points behind the Wildrose Alliance.

THE CANADIAN PRESS

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Nominations close February 1st!
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Plane crash-lands in Iran
A passenger plane carrying 157 passengers and 13 crew crash landed in northeastern Iran yesterday injuring at least 46 people, state television reported. THE ASSOCIATED PRESS

World

Election puts into question U.S. presence

The future of an American military base and the balance of U.S.-Japan relations were thrown into further question yesterday as voters in a small city elected a mayor opposed to the base. Residents of the Okinawan city of Nago chose challenger Susumu Inamine, left, who campaigned against any expansion of U.S. military presence in the area, over incumbent Yoshikazu Shimabukuro. THE ASSOCIATED PRESS

News in brief

VENEZUELA A cable-television channel critical of President Hugo Chavez was yanked from the air early yesterday for defying new government regulations requiring it to televise some of the socialist leader's speeches. Venezuelan cable and satellite TV providers stopped transmitting Radio Caracas Television, an anti-Chavez channel known as RCTV, after it did not broadcast Chavez's speech Saturday to a rally of political supporters.

LEBANON Lebanese aviation and security officials say an Ethiopian Airlines plane with about 90 people on board has crashed into the sea shortly after takeoff from Beirut. The plane went down early today, the officials said. They spoke on condition of anonymity because they are not authorized to speak publicly. The plane was headed to Addis Ababa, the Ethiopian capital. About 50 of the passengers were Lebanese, the officials said.
THE ASSOCIATED PRESS

More than 111,000 bodies recovered: UN

Haiti
Crisis

The confirmed death toll from Haiti's devastating earthquake has topped 150,000 in the Port-au-Prince metropolitan area alone, the communications minister said yesterday, with many more thousands dead around the country or still buried under the rubble.

RODRIGO ABD/THE ASSOCIATED PRESS

Children receive food at a distribution centre organized by the UN in Port-au-Prince yesterday.

Communications Minister Marie-Laurence Jocelyn Lassegue said that the figure is based on a body count in the capital and outlying areas. It does not include other affected cities such as Jacmel, where thousands are believed dead, nor does it account for bodies burned by relatives.

Reports have varied on how many are known to have died, and the United Nations stuck with its previous total of 111,481 bodies recovered despite the higher number from Haitian officials.

Haiti's government has declared an end to searches for living people trapped under debris, and officials are shifting their focus to caring for the thousands of survivors living in squalid, makeshift camps.
THE ASSOCIATED PRESS

U.S. downplays tape

BIN LADEN White House officials yesterday denounced Osama bin Laden and gave no indication that a new audio message purportedly by the al-Qaida leader had triggered heightened alarm about renewed attacks.

In the tape, which U.S. officials said could not be immediately authenticated, bin Laden claimed responsibility for the plot to bomb a Detroit-bound airliner on Christmas Day and threatened more attacks on the U.S.

White House adviser David Axelrod told CNN's State of the Union that whatever the source, the message "contains the same hollow justification for the mass slaughter of innocents."

White House spokesman Robert Gibbs said "nobody's had a chance to authenticate that tape," and he declined comment on whether the U.S. believes bin Laden played any role in the Christmas incident.

State Department spokesman P.J. Crowley said there appeared to be no special significance to the bin Laden tape beyond confirming the U.S. view that he remains determined to serve as a "catalyst" for terrorist actions even as he and his senior lieutenants are limited in their ability to plan and direct attacks.
THE ASSOCIATED PRESS

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ScanLife
Swedish police are grappling with radical Islamists recruiting youth, some of whom have already been killed in the Somali insurgency. Scan this code for the story.

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Comment

Transit talk on tongues of politicians

Transit users should be encouraged from the amount of attention municipal candidates are already paying to transit issues, months ahead of this fall's election.

This emphasis only makes sense. Transit is a big ticket municipal item, and it's important. Even if you don't use it, as a motorist, surely you want other people to do so and hence get the hell out of your way on the roads.

So far, candidates for mayor include Alex Cullen, chair of the transit committee, who has extensive experience in the area and a record to defend, and former Ottawa mayor Jim Watson.

Some candidates, as far as some media are concerned, are more equal than others. Watson's candidacy was front page news in the Ottawa Citizen, while Cullen, a centre-left politico overwhelmingly unlikely to secure that paper's endorsement, found his announcement buried on page 3 of the City section.

But when it came to the substance of the candidates' remarks, transit was very much on their minds, in particular our $2.1-billion light rail plan. Both generally support the tunnel project, although Cullen is a stalwart booster while Watson, expressing doubt about funding for the project and potential cost overruns, is more ambivalent.

Of course, there's more to the transit file than sexy new infrastructure. The day-to-day operations of OC Transpo clearly need more attention. Managerial screw-ups have been blamed for the cancellation of 200 bus trips just after new year's when improperly maintained buses froze up, as well as the inflation of the cost of a new bus garage to $97 million from $60 million.

The adversarial climate between labour and management is also going to require more thoughtful handling than Mayor Larry O'Brien's asinine threats to pre-emptively lock drivers out next spring.

The election is months away, and we haven't seen anywhere near the full offering of candidates or platforms, but it's a good sign to see public transportation make an early and salient appearance in the campaign. It will make it easier for those who care about it to "vote transit" this fall.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca

Views

Watch out for Most Hell Bent On Skates

For the past three days I found myself in the grip of a second horrible, nasty flu since fall. I'm calling this one H2N2.

The last time, I suggested fellow sufferers plant yourselves on the couch and become flu divas for a day. The problem with trying this again in a three-month period is: a) everyone still remembers how much trouble you were last time, and b) well, that's it really.

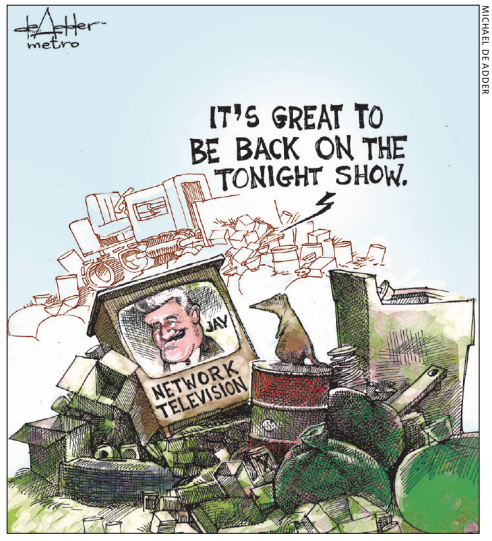
I am happy to report though that my partner, Liz, is doing everything possible to help me recover by Saturday. The reason: Liz loves two things. Me. And hockey. I'm pretty sure in that order. Once a year she gets to have both together when her hockey league hosts its annual charity event, The Wives Game.

The Wives Game is played by the spouses, partners and friends of the regular woman players. You don't have to be a wife to play. You don't even have to be female. The only criteria is you can't have any discernible knowledge of, ability in or talent for playing hockey. If you can't skate either, so much the better.

Last year, our male goalie had to be helped to the net by his girlfriend and propped into position, where I'm delighted to say he ended with a shutout. Sometimes, players refuse to come out for their turn, preferring to sit on the bench and chat, one woman saying, "What's the point? We can't score to save our lives."

Funds raised go to Gilda's Club, a fine organization providing care for cancer patients, making it all worthwhile. And playing hockey lets out a part of me that sits on the sidelines for the rest of the year. Twice I've taken home the trophy for "Most Hell Bent On Skates." And if my temperature goes below 101 come Saturday night, I'm looking for No. 3.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Going Green

Climate cover-up

Canadian environmental activists Hoggan and Littlemore pull no punches in their indictment of global warming deniers — Climate Cover-up. The book spotlights what they allege to be pre-meditated attacks by the oil and coal industry on climate change science. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Connecting oceans to air quality

Three-year expedition sets out to discover links between CO2 absorption and world's water

NADIA LODDO
Metro World News

Science takes time, patience and stamina. In the middle of the Mediterranean, the schooner Tara is at the beginning of a three-year odyssey around the world: A 150,000-kilometre expedition to explore the largely unknown world of the oceans.

"Ninety per cent of the biological mass of the oceans is made of plankton," explains Spanish marine biology researcher Silvia Acinas, scientific co-ordinator for Tara.

"These organisms are responsible for absorbing 50 per cent of the CO2 emissions on the Earth and producing 50 per cent of the oxygen we breathe but we only know one per cent of them: This expedition is about discovering the remaining 99 per cent."

The uncertainty of current climate models has a great deal to do with this unknown life. As a matter of fact, oceans are the major factor influencing climate, working as carbon pumps to a greater extent than rainforests do.

Every other day, the boat stops for a 12-hour scientific station. Pumping, filtering, sorting and labelling: The five researchers on board have a long day ahead of them. Over a thousand litres of sea water is pumped on board and filtered in the wet lab to separate the different kind of sea plankton — viruses, bacteria and protista.

METRO WORLD NEWS

The Tara expedition will have travelled more than 150,000 kilometres when it's completed.

60 The Tara expedition will cross the Mediterranean sea, Red sea, Indian ocean, Atlantic ocean, Pacific ocean, Arctic ocean and stop in 60 ports along its research mission.

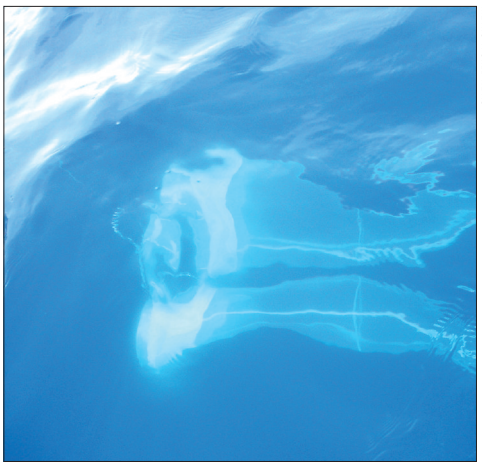
Oceans

- 50 per cent of the CO2 produced on the Earth is absorbed by the oceans.
- 50 per cent of the air we breathe is produced by the oceans.

At the back of the boat, the oceanographic winch allows sea water sampling of up to 2,500 metres in depth, thanks to the special Niskin bottles.

"A very ingenious device because their lids can be closed at a given depth taking samples at an exact point of interest," explains French ocean engineer Hervé Le Goff.

The plankton on the surface of the water will not escape the meticulous scientists either. Nets a few metres long are thrown from the back of the boat. For some minutes they trail behind the boat like giant jellyfish, under the impatient eyes of the researchers, before being pulled back up and sampled. Other scientific equipment are sunk to measure temperature and salinity and study the currents.



METRO WORLD NEWS

Plankton account for 90 per cent of the biological mass in oceans.

A few hundred samples are carefully labelled and preserved either to be analyzed in the onboard dry lab or to be sent to the research centres on land. Every eight weeks a special parcel is sent in extremely rigorous conditions of temperature and time to get the planktons to destination safe and sound. This ambitious expedition will lead to the creation of a world-wide database of planktonic forms of life, along with supplying a great deal of information on currents, corals and pollution. But just as sampling is time-consuming, research also takes patience.

The results of this extraordinary expedition will not be known until a few years after its end.

Going Green in brief

DON'T IDLE Any stop longer than 10 seconds will save you gas. The federal government's Office of Energy Efficiency says the average Canadian idles their vehicle for five minutes a day, not counting warming it up on cold mornings. But by cutting that out, you'll save about 42 litres a year. That translates to the equivalent of 101 kilograms of greenhouse gas emissions.

ENERGY INCENTIVES For details on incentives and rebates available from Natural Resources Canada's Office of Energy Efficiency, go to: oee.nrcan.gc.ca/english.

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McDonald's enjoys strong Q4

More hungry diners gobbling its cheap eats helped McDonald's Corp.'s sales and profit grow in its fourth quarter, the company said Friday in an earnings report showing it continued to weather the downturn better than many of its fast-food competitors. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 94.51¢ (Friday's close)	US $5.81 (Friday's close)	US $74.54 (Friday's close)	11,343.43 (Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Anticipation builds for Apple tablet

Product rumoured to read newspaper content

Expectations that Apple Inc. will launch its much-rumoured tablet computer Wednesday has Internet blogs buzzing with speculation of how the device will look and what it will be called.

Typically, Apple is continuing with its successful formula of building anticipation through secrecy. The iPod maker sent out a statement last week urging media to "come see our latest creation" at an event in San Francisco on Jan. 27, but gave no other details.

The general consensus is that the new tablet will have a 10-inch colour touch screen and will operate much the same way as an iPhone. It will be called the iSlate, iTablet or iPad, and will sell for more than $700.

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SCANLIFE
Chrysler as luxury brand? Dodge specializing in 'quirky' value? Chrysler hopes to convince you with huge brand overhaul. Scan this code for the story.

One rumour is that the New York Times' decision to begin charging for access to online content in 2011 is part of a larger partnership with Apple that will see the newspaper's stories available on the tablet through an iTunes-like distribution model.

Apple is rumoured to be working with a number of other newspaper and book publishers, and is also reportedly in talks with AT&T and Verizon on a deal that would connect the tablet to their wireless networks.

The Wall Street Journal reported that Apple also wants to offer monthly TV subscriptions on its tablet and is negotiating a deal with CBS Corp. and ABC-owner Walt Disney Co. THE ASSOCIATED PRESS

China **Over the global crisis?**

VINCENT THIAN/THE ASSOCIATED PRESS

Women cross a road at a shopping district in downtown Beijing yesterday. China has declared it is over the global crisis and signalled a shift in focus to controlling inflation, sparking concern it could hamper growth and the country's contribution to a worldwide rebound. Growth surged to 10.7 per cent in the final quarter of 2009 but inflation picked up, adding to pressure on Beijing to cool rising prices.

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Business in brief

EI A recent decline in the number of Canadians claiming employment insurance is a positive sign, but represents only a fraction of the challenges facing the Canadian workforce, according to the research director of the Martin Prosperity Institute. According to a Statistics Canada report on Friday, the number of Canadians receiving regular EI benefits dropped 7,300 to 795,900 in November from the previous month.

PONZI Police say hundreds, if not thousands, of Canadians have fallen prey to Ponzi schemes in recent years, but experts warn victims looking to reclaim lost investments are unlikely to see a penny. The structure of the scheme, in which investors are paid income with other investors' money, and the effects of the global economic recession almost guarantees it, they say.

METRO NEWS SERVICES

Venus through to quarter-finals

Venus Williams advanced to the Australian Open quarter-finals early today for the seventh time to set up a meeting with China's Li Na. THE ASSOCIATED PRESS

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Saints are bound for Super Bowl

NFL RESULTS

Vikings 28 **Saints** 31 (OT)

VS

They sure ain't the Aints anymore.

The New Orleans Saints are heading to their first Super Bowl after battering Brett Favre and beating the Minnesota Vikings 31-28 in overtime yesterday on unheralded Garrett Hartley's 40-yard field goal.

Favre threw away Minnesota's best chance to win, tossing an interception deep in New Orleans territory in the closing seconds of regulation. Then the Saints won the coin toss and soon it was over.

The team that had no home five years ago after Hurricane Katrina ravaged its city and the Superdome overcame a slew of mistakes in the biggest game the Big Easy has ever seen.

"This is for everybody in this city," said coach Sean Payton, the architect of the Saints' turnaround. "This stadium used to have holes in it and used to be wet. It's not wet anymore. This is for the city of New Orleans." THE ASSOCIATED PRESS

BILL HABER/THE ASSOCIATED PRESS

New Orleans Saints running back Pierre Thomas goes over the middle for a first down during overtime in the NFC Championship game against the Minnesota Vikings yesterday.

Manning rallies Colts to victory

NFL RESULTS

Jets 17 **Colts** 30

VS

This is perfect for the Indianapolis Colts: They have Peyton Manning and they're back in the Super Bowl.

The four-time MVP threw three touchdown passes and the Colts rallied from an 11-point, first-half deficit to beat the New York Jets 30-17 yesterday in the AFC championship game.

The Colts (16-2) are now headed back to the NFL title game for the second time in four years and their fourth Super Bowl in franchise history. Better yet, they're heading back to their lucky city — Miami, where they've played all four of those games and won there twice.

"I thought we just kept our mouths shut and went to work this week," Manning said.

Manning finished 26-of-39 for 377 yards. He became the first player in league history with seven 300-yard post-season games. That broke a tie with Kurt Warner and Joe Montana.

The Jets' magical run ended with their first road loss in six games.

New York (11-8) built a 17-6 lead and took advantage of trick plays. But the Jets lost running back Shonn Greene with a rib injury in the second half, and rookie quarterback Mark Sanchez was shut out over the final two quarters. THE ASSOCIATED PRESS

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SCANLIFE

Russian skaters ignite some pre-Olympic controversy with routine blasted as offensive "rip-off" by Australian aboriginals. Scan this code for the story.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Carolina 5 Boston 1
Pittsburgh 2 Philadelphia 1
Colorado 4 Dallas 0

SATURDAY RESULTS

Montreal 6 N.Y. Rangers 0
OTTAWA 2 Boston 1
Vancouver 5 Chicago 1
Florida 2 Toronto 0
Anaheim 4 St. Louis 3 (SO)
Los Angeles 3 Detroit 2
Minnesota 4 Columbus 2
New Jersey 4 N.Y. Islanders 2
Philadelphia 4 Carolina 2
San Jose 5 Buffalo 2
Tampa Bay 2 Atlanta 1 (SO)
Washington 4 Phoenix 2

NFL

YESTERDAY'S RESULTS

AFC CHAMPIONSHIP

Indianapolis 30 N.Y. Jets 17

NFC CHAMPIONSHIP

New Orleans 31 Minnesota 28 (OT)

NBA

YESTERDAY'S RESULTS

Dallas 128 New York 78
L.A. Clippers 92 Washington 78
Toronto 106 L.A. Lakers 105

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Martin beats Howard

Kevin Martin got what he wanted from his team's final competition before the Vancouver Olympics. Martin's Alberta rink defeated longtime Ontario foe Glenn Howard 6-4 in yesterday's BDO Classic Canadian Open in front of 4,115 fans at MTS Centre in Winnipeg. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Skier makes Olympic cut

Third-place finish at World Cup event enough for Dave Duncan

Two of his skicross teammates won gold yesterday, but Dave Duncan still had the biggest smile on the podium.

The native of Golden, B.C., put together his strongest performance of the World Cup season, a third-place finish that propelled him into the final spot on the Canadian Olympic freestyle team. Facing his final Olympic qualifying event, Duncan needed to finish fifth or better to surpass aerialist Olivier Rochon for a berth in Vancouver.

"It had crossed my mind a few times," Duncan joked. "I think I woke up a couple times (Saturday night) just thinking about how the race was going to play out. But I just stuck to the game plan up there, and didn't panic as mistakes were made, and crossed the finish line, and here we are."

Christopher Del Bosco of Sudbury won the men's event, while Kelsey Serwa of Kelowna, B.C., captured the women's race on a cool day at Whiteface Mountain. Del Bosco and Serwa each won their second gold medals of the season; both were awarded gold in Alpe D'Huez, France, two weeks ago after poor weather forced organizers to cancel the finals.

Duncan skied with vigour yesterday, winning his opening heat before edging out teammate Brian Bennett to reach the semis. Needing to advance to the final to secure his Olympic spot, Duncan roared back from last place after a gate malfunction left him scrambling to make up ground from the get-go. THE CANADIAN PRESS

MIKE GROLL/THE ASSOCIATED PRESS

Canada's Dave Duncan, left, competes in a semifinal heat yesterday in men's skicross during World Cup freestyle skiing in Wilmington, N.Y. Duncan finished third at the event.

Gold streak ends for Canadian snowboarders

GIANT SLALOM The Canadian hot streak in men's World Cup snowboarding came to an end yesterday on an icy mountain in Stoneham, Que.

A Canuck boarder had won gold in each of the first four parallel giant slalom races to start the season, but a pair of powerful Austrian riders took the top podium spots away from the speedy Canadian team — on home turf, to boot.

World No. 1 Benjamin (Benji) Karl beat Andreas Prommegger to win the gold yesterday. Prommegger took home the silver in an event packed with elite snowboarders.

Veteran Jasey-Jay Anderson of Mont-Tremblant, Que., won the bronze.

Anderson, who has two World Cup victories this season and ranks No. 2 in the world, said the hill's icy conditions gave him trouble.

He considered himself lucky to finish third.

"It was very intense, I felt like I was on a battlefield," said Anderson, 34, who lost to Karl in the semifinals.

"There's not much you can do with this, just survival. It's controlled mayhem, if that makes any sense."

Toronto's Michael Lambert took seventh place. Lambert needed a top-five finish to guarantee himself a spot on the Canadian Olympic team, but is still expected to make the squad.

"Obviously, right after the event, it stung a bit, but I'm feeling good right now," said Lambert, who lost to Prommegger in the quarter-final.

With the result, the 29-year-old Prommegger bumped him out of the No. 3 rung in the World Cup rankings.

"Andy (Prommegger) rode really well today," said Lambert, who beat his Austrian rival head to head earlier this month to win gold in Nendaz, Switzerland.

"I know that he's a competitor — I also know I can beat him."

Matthew Morison of Burketon, Ont., who sat out yesterday's race to rest an injured elbow, has the other Canadian victory for the men this season.

THE CANADIAN PRESS

Omischl, Heil lead way as roster for Canada's freestyle skiers set

TEAM After months of number-crunching, position-jockeying and frayed nerves, Canada's freestyle skiers finally know who will represent the host country at next month's Vancouver Olympics.

The 18-member roster became official yesterday with the completion of a World Cup skicross competition at Whiteface Mountain in Lake Placid, N.Y. The team will be formally introduced at a news conference today in Montreal.

The men's aerials entry will be anchored by Steve Omischl of North Bay, Ont., the three-time defending World Cup champion. Omischl will be joined by Warren Shouldice and Kyle Nissen of Calgary, who will each be making their second Games appearance.

Jennifer Heil of Spruce Grove, Alta., the defending Olympic champion, and Kristi Richards of Pemberton, B.C., make up a formidable 1-2 punch in women's moguls. They'll be joined by Chloe Dufour-Lapointe of Montreal.

THE CANADIAN PRESS

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Icemaker who buried lucky loonie unhappy with Mint's actions

DISPUTE The man who buried a lucky loonie in the ice at the 2002 Winter Games — a loonie now enshrined at the Hockey Hall of Fame — says his memory of the event and his Olympic spirit have been dampened since he was muscled away from the coin tradition he created by the Royal Canadian Mint.

Canada's men's and women's teams struck gold at those Games, the first men's Olympic hockey gold for Canada in 50 years, and the lucky loonie became a part of Canadian folklore.

Trent Evans was working as an icemaker during the Salt Lake City Olympics when he first noticed the surface that would host the best hockey players in the world was missing a mark for the puck drop at centre ice.

Evans was advised to simply paint a splotch the size of a loonie, but went one better, laying down a golden one-dollar coin that he himself pulled from the ice after the men's victory.

"Big brother, if you will, has kind of taken over the story and done with it what they want to with it."
Trent Evans

Evans handed the coin off to team director Wayne Gretzky and proudly watched as it was enshrined at the sport's hall of fame.

The Edmonton sales manager alleges that he's not only been denied proper compensation for coming up with the coin idea, but his appearances at lucky loonie events have essentially been phased out and his connection to the coin glossed over.

"Big brother, if you will, has kind of taken over the story and done with it what they want to do with it, without including the personal piece of the story, the guy," Evans said.

Evans, a married father of two, said his relationship with the Mint wasn't always so rocky.

Between 2002 and 2004, he was part of promotions involving the first silver edition lucky loonie and was given credit by the Mint for coming up with the idea.

But leading up to the 2006 Games, Evans said, his involvement with the lucky loonie campaign was greatly diminished.

When the Mint eventually offered Evans a new contract for his likeness that ran through the Vancouver Games, he consulted a lawyer. A number of changes were made to the deal, he said, but he said the Mint insisted it wouldn't pay more than $1,000 total.

Christine Aquino, a Mint spokeswoman, wouldn't say if Evans will be part of any future lucky loonie campaigns or if there was a falling out between the two parties.

THE CANADIAN PRESS

Queen's med students, faculty donate to new facility
Queen's University medical students are aiming to raise more than half a million dollars for the new home of the university's medical school through an optional $100 annual fee. METRO NEWS SERVICES

Workology

Knowledge capital concerns

Last week, University of Waterloo president David Johnston issued a mixed report card in reviewing his 10 goals for Waterloo Region to become the "knowledge capital of Canada." Johnston's concerns are that residents are still undereducated compared to Ontario and national benchmarks, and local universities are struggling for North American prominence even as they gain national recognition. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Gyms strive to keep 'em coming all year

RAFAEL BRUSILOW
for Metro Canada

January and February are the busiest months of the year for gyms, but things fall off in the spring.

Thinking of joining a gym to finally get in shape in the New Year? You're not alone.

Every January, a rush of repentant fitness-seekers hits the gym to work off those holiday pounds and start a healthier lifestyle.

Yet inevitably many people fall off the wagon once spring rolls around. The challenge fitness clubs face is to keep people coming in.

Sammie Kennedy, CEO and creator of Booty Camp Fitness which hosts women-only fitness boot camps at more than 90 locations across Canada, says January is definitely a busy time for drawing new members, but that the goal is to make sure they stick around after the initial rush.

"January is one of our busiest seasons and one of our goals at Booty Camp Fitness is to not let these people become 'January joiners.' We want them to come back and get hooked on fitness," Kennedy said.

Taso Pappas, chief operating officer of Extreme Fitness Canada which operates 13 fitness clubs throughout Toronto, says the last 10 years have seen a strong upsurge in new members right after the holidays. According to Pappas, Extreme Fitness clubs see an average increase of 40 per cent in new member signups during January and February compared to the rest of the year, as well as a 40 per cent higher usage rate among existing members determined to get back on the wagon.

Yet by the time March hits, usage and new member signups drop 25 to 30 per cent again, proving that keeping new members from dropping out after the start-of-year rush is the biggest challenge fitness companies face, Pappas says.

"People are starting the year with good intentions, and our challenge is to try and keep them committed and convince them the lifestyle change they're making is worthwhile," Pappas said.

Motivation and expert guidance are key for most people: At Extreme, 90 per cent of new members who take on a personal trainer see higher results and stay active in the club for 12 months or longer, while half of those without personal trainers stop working out before the year is up.

"You can't just bring new members into a big room full of equipment and say, 'Have a nice day.' That's a recipe for disaster. If they're putting in the effort and not getting a return, they'll eventually stop coming," Pappas said.

Group dynamics and social interaction play a big part in getting members to stick to their fitness plans — the goal is to create a larger community of members with group fitness classes and out-of-gym social events that bring people together, Pappas says.

> **"People are starting the year with good intentions, and our challenge is to try and keep them committed."**
> Extreme Fitness CEO Taso Pappas

At Booty Camp Fitness, Kennedy runs ice-breaking sessions and uses partner work and team games in the overall fitness strategy because fitness friends create a level of camaraderie and support for each other.

"The group atmosphere does bring members back. It's a very supportive, social atmosphere," Kennedy said.

Sitting for too long can be deadly: Study

STUDY Scientists are increasingly warning that sitting for prolonged periods — even if you also exercise regularly — could be bad for your health. And it doesn't matter where the sitting takes place — at the office, at school, in the car or before a computer or TV — just the overall number of hours it occurs.

Research is preliminary, but several studies suggest people who spend most of their days sitting are more likely to be fat, have a heart attack or even die.

In an editorial published this week in the British Journal of Sports Medicine, Elin Ekblom-Bak of the Swedish School of Sport and Health Sciences suggested that authorities rethink how they define physical activity to highlight the dangers of sitting.

> **"We don't have enough evidence yet to say how much sitting is bad. But it seems the more you can get up and interrupt this sedentary behaviour, the better."**
> Researcher Peter Katzmarzyk

While health officials have issued guidelines recommending minimum amounts of physical activity, they haven't suggested people try to limit how much time they spend in a seated position.

"After four hours of sitting, the body starts to send harmful signals," Ekblom-Bak said. She explained that genes regulating the amount of glucose and fat in the body start to shut down.

Even for people who exercise, spending long stretches of time sitting at a desk is still harmful. Tim Armstrong, a physical activity expert at the World Health Organization, said people who exercise every day — but still spend a lot of time sitting — might get more benefit if that exercise were spread across the day, rather than in a single bout.

That wasn't welcome news for Aytekin Can, 31, who works at a London financial company, and spends most of his days sitting in front of a computer. Several evenings a week, Can also teaches jiu jitsu, a Japanese martial art involving wrestling, and also does Thai boxing.

"I'm sure there are some detrimental effects of staying still for too long, but I hope that being active when I can helps," he said. "I wouldn't want to think the sitting could be that dangerous."

In a study published last year that tracked more than 17,000 Canadians for about a dozen years, researchers found people who sat more had a higher death risk, independently of whether or not they exercised.

"We don't have enough evidence yet to say how much sitting is bad," said Peter Katzmarzyk of the Pennington Biomedical Research Center in Baton Rouge, who led the Canadian study. "But it seems the more you can get up and interrupt this sedentary behaviour, the better."

THE CANADIAN PRESS

U.S. research finds college grades not affected by social networks

New research from the University of New Hampshire finds that college students who actively engage in social networking do just as well academically as their peers who are less interested in the activity. METRO NEWS SERVICES

Real CSI not sexy

OddJobs

Diane Peters

Metronews.ca/oddjobs

Rod Spencer has mixed feelings about the TV phenom CSI. It's great in that it has inspired a whole new generation of young people to do forensic work. His classes at Humber College in Toronto, which are part of the Police Foundations program, are full.

But the 63-year-old former police officer isn't as keen on how the show plays fast and loose with science (there's often a nugget of truth in what they do, but little more) and makes death seem glamourous. "Real life isn't like that. Seeing somebody murdered isn't sexy."

Spencer himself was drawn to police work as a young man because of his father, who was a cop in their hometown of Garson, just outside Sudbury, Ont. "He was an honourable man, I suppose I wanted to follow in his footsteps."

He moved to Toronto after high school and applied to the police force. He was accepted — the process was less competitive and stringent than today, and all you needed was good eyesight, good morals and some references — went to the Toronto Police College, and got to work.

He did a few jobs on the force, and soon became a first-class constable. As a hobby, he began doing photography. That helped him get a job in forensics.

After being hired by the crime scene team, he was sent back to college for training, then began photographing crime scenes, making moulds of shoe prints, analyzing blood spatters and doing lab work such as comparing fingerprints.

The job alternates between field and lab work. Some crime scenes, like a break and enter, take less than an hour to investigate. But a homicide can take weeks of work on the scene, and then many more following up in the lab.

Some cases end up in court, and that takes preparation and an ability to explain yourself clearly so a jury can understand.

Spencer later got promoted to homicide, and then became superintendent.

Now, he teaches at Humber, using the school's new forensics lab, leading them through simulated investigations and even participating in mock trials.

Spencer also does forensic work as a freelancer. He doesn't visit crime scenes much anymore, but he consults with lawyers and private investigators abut how to understand and utilize forensic evidence for their own cases and investigations.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Crime scene investigator
Salary: Police officer pay based on your rank
Education/training: First constable and a college.
Best Part of the Job: "In policing in general you have a lot of variety, lots of jobs don't have that."
Worst Part of the Job: "Shift work is no cup of tea."

SUBMITTED PHOTO

Crime Scene Investigation instructor Rod Spencer at work.

When co-workers get on your nerves

It's the chitchat that never seems to end. Or the humming or whistling while you're trying to concentrate. Or the smell of someone's lunch (what IS she eating?), or even a whiff of body odour.

The most irritating or disruptive things about a job may have nothing to do with too much work or boring assignments. Sometimes what gets your goat is the annoying habits of the person at the next desk or cubicle.

What do you do? Put up with it? Complain to your co-worker and maybe start a rift? Complain to the boss and possibly make everything worse?

Here are some tips about the best way to deal with disruptive co-workers:

Annoyance or interference

The first step is to figure out whether your co-worker's behaviour is just annoying or if really does interfere with your ability to do your job. You also need to ask yourself, is it really your colleague causing the problem, or is it your attitude?

Some people may be more sensitive or intolerant if they are unhappy in their jobs, under a lot of stress or dealing with personal issues. They may be more prone to find something wrong with a co-worker's behaviour, said Roxanne Emmerich, a workplace management expert who runs The Emmerich Group Inc. in Minneapolis.

"If there is no work problem, then you really need to ask yourself, is this something that I just need to let go," said Atlanta workplace management coach Marie McIntyre, who runs the website youroffice coach.com.

Quiet, please

Some people need quiet to concentrate while others embrace noise or talking as part of the creative process.

McIntyre said there are physiological differences among people that allow some to screen out co-workers' conversations and other noise. Others, however, hear and notice everything.

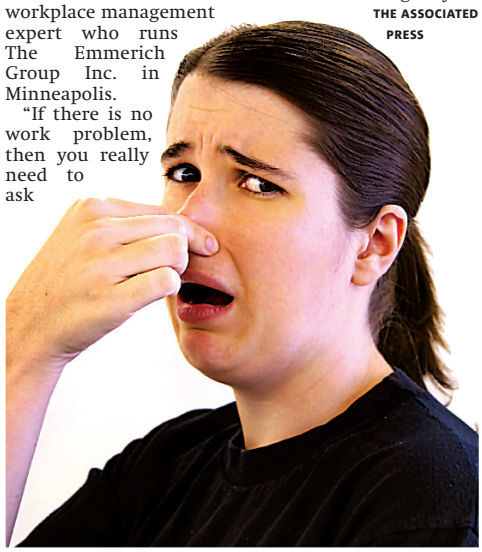
"If you're somebody who hears every single background noise, then you probably need to take some steps in your own workspace to counter that," she said. Try earplugs, headphones and if that fails ask to be moved.

The taboo topics

Sometimes the problem is a sensitive matter, such as your co-worker's body odour. In this case, you need to be extremely tactful — remember that most people are likely to be shocked and embarrassed when you deliver the news. Management consultants suggest asking your co-worker if you could discuss something that you realize may be difficult to hear. And then gently explain that you have noticed an odour that is distracting to you.

Time to talk

- When it's time for a conversation with your co-worker, keep in mind colleagues don't realize they are creating problems and usually are willing to make changes, experts say. Explain to your colleague that his or her behaviour is interfering with your job. Offer an alternative or work out a compromise.



THE ASSOCIATED PRESS

Is a certain co-worker's smell getting to you, check out these tips.

Ottawa, Manitoba invest $7 million in uWinnipeg's CREATE project
The federal and Manitoba governments are investing a total of $7 million towards 34 research and teaching labs as part of the new UWin CREATE — the University of Winnipeg Commercialization Research and Education Alliance for Science, Technology and the Environment. METRO NEWS SERVICES

Job description can change on a dime

WorkplaceLaw

This is the cautionary tale of an employee who incorrectly assumed their employers had no right to change the terms of their jobs.

Experiencing an enrolment crisis, Acadia University decided that it had no other choice but to remove oversight of enrolment and admissions from Paula Cook Mackinnon's job. Mackinnon, who had been employed by the university in a senior role for 19 years, disagreed.

Believing that the university could not remove an important aspect of her job without advance notice or consultation with her, Mackinnon penned a letter to the president stating that she viewed the changes as significant and tantamount to a demotion. She gave the university a few days to consider her concerns and provide a response.

"Employers often assume incorrectly that they can change an employee's job as they see fit. Just as often, employees wrongly assume that their jobs cannot be changed without their consent."

When the university did not respond to Mackinnon's letter before her deadline, she shut off her BlackBerry, cleaned out her personal items from her office and swiftly left the premises, never to return.

The law of constructive dismissal provides that an employee can treat fundamental changes to her job as effectively amounting to a termination. And in Canadian workplace law, when you are terminated without a good reason, you are entitled to severance.

Justice Gregory Warner, who wrote the recent decision, correctly noted that the issue was not whether Mackinnon had "quit" her job, but whether she had a good enough reason to leave. However, it could not be said that Mackinnon's job was substantially different following the changes, as enrolment amounted to less than one quarter of her job. The university was entitled to reasonable leeway with changing business needs.

Similarly, in another recent case, Bank of Nova Scotia executive David Chapman resigned, claiming a reduction in his salary and the bank's failure to honour a promise amounted to his termination. Although Chapman's salary was reduced by 13 per cent, it was only the variable component of his pay, such as stock options, shares and bonuses that changed, not his base salary. Agreeing with the bank and dismissing Chapman's case, the court found that Chapman's pay could be reduced because he was always part of a variable compensation model and had remained in the applicable range for his position.

Employers often assume incorrectly that they can change an employee's job as they see fit. Just as often, employees wrongly assume that their jobs cannot be changed without their consent. As similar facts don't always lead to the same results, especially in workplace law, my advice is to consider a mutual resolution instead of always marching to court.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

Walking away from a job isn't always the right course of action.

Clergy happiest with career

SURVEY SAYS Last year, Jim Rosenthal gave up a 20-year career in PR, to become a priest. Doing so meant taking a 70 per cent pay cut. And as a rookie priest, Rosenthal has to start at the bottom of the ladder.

Even so, he loves his new job in London. "As I walk down the street, many people ignore me, and once a man even spit on me, but usually I get kind looks and people ask me for a blessing", explains Rosenthal. "I try to be an agent of goodwill, and as a priest you have a chance to communicate even better."

Rosenthal isn't the only enthusiastic priest. According to the University of Chicago's survey on job satisfaction, clergy have the highest job satisfaction.

Richard Reid, 31, gave up a comfortable life as a sound engineer at Nickelodeon to become a London firefighter. "I get to put out fires, I get to go to schools and talk about fire safety and lead workshops encouraging minority men to get an education," says Reid. "What else can I ask for? The only thing I can think of is that firefighters deserve to be paid more."

Priests, too, put out fires, albeit different ones. "And like firefighters, we save lives," notes Rosenthal.

METRO WORLD NEWS

Happy and sad

- The happiest jobs in descending order: Clergy (e.g. priests, rabbis, imams), firefighters, physical therapists, authors, special education teachers, teachers, painters, sculptors.
- The unhappiest jobs in descending order: Labourers, food preparers, salespeople, roofers, bartenders.

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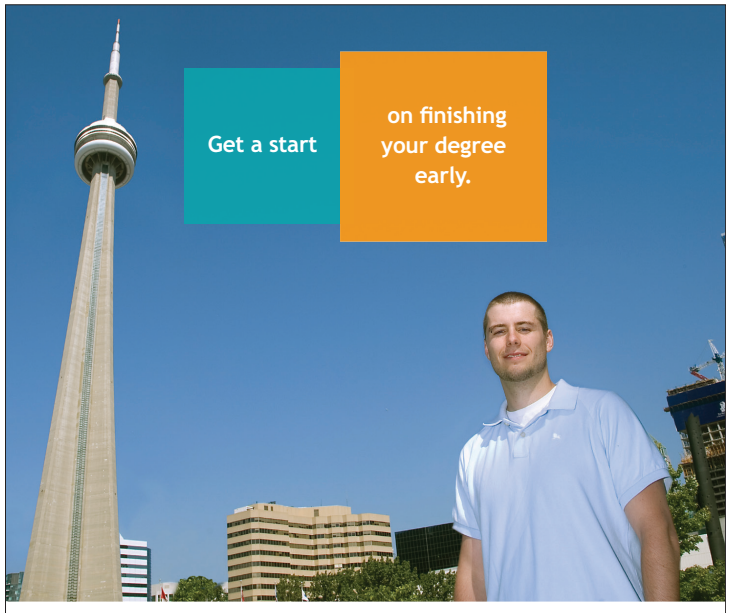

AU student Marc in Toronto, Ontario, Canada

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First female TV director dies

Frances Buss Buch, a pioneer of network TV and the first female TV director, has died in western North Carolina. She was 92. METRO NEWS SERVICES

Entertainment

Jersey Shore row

Police say fans at a Jersey Shore cast meet and greet, which stars Michael (The Situation) Sorrentino, deluged a New Jersey nightclub, forcing the closure of a thoroughfare and leading to the arrests of four people. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

Avatar is on course to sink Titanic at the box office.

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **Avatar:** $36 million US
2. **Legion:** $18.2 million
3. **The Book of Eli:** $17.2 million
4. **Tooth Fairy:** $14.5 million
5. **The Lovely Bones:** $8.8 million
6. **Sherlock Holmes:** $7.1 million
7. **Extraordinary Measures:** $7 million
8. **Alvin and the Chipmunks: The Squeakquel:** $6.5 million
9. **It's Complicated:** $6.2 million
10. **The Spy Next Door:** $4.8 million

THE ASSOCIATED PRESS

Cash unfolds The List

Rosanne's new disc contains 'essential country' from father

GRAHAM ROCKINGHAM
for Metro Canada

It's one of those priceless documents that probably belongs in the Smithsonian Institute — a hand-written list on a single sheet of legal-size paper, front and back, with the heading "100 Essential Country Songs."

It was written by Johnny Cash while on tour, back in 1973. He spent an afternoon, pencil in hand, compiling it for his 18-year-old daughter Rosanne Cash.

And what did she do with it? She studied it carefully and then folded it up — yes, folded it, as in put a permanent crease in it — and stuck it in a box.

"I was just thinking, 'This is nice, I'm going to save it,'" Rosanne told Metro in an interview. "I didn't think of it being the holy grail of documents. I certainly didn't think about that when he gave it to me at 18.

"I wasn't thinking that Johnny Cash gave me the list. I was thinking that it was dad who gave me the list. It was a personal thing, to give me an idea about who we were as musicians."

Cash may have looked at the list once or twice in the 30 years after her father wrote it. She only remembers keeping it in a box with other bits and pieces of memorabilia. It moved with her from California to Nashville and to her present home in New York.

A couple of years ago, Cash rediscovered the list while preparing for her Black Cadillac tour. It was time, she decided, to take some of the songs out of the box.

The result was her new CD, The List. It contains 12 songs off Johnny's list of essentials — Miss the Mississippi and You, Motherless Children, Sea of Heartbreak (with Bruce Springsteen), Take These Chains from my Heart, I'm Movin' On, Heartaches by the Number (with Elvis Costello), 500 Miles, Long Black Veil (with Jeff Tweedy), She's Got You, Girl From the North Country, Silver Wings (with Rufus Wainwright) and Bury Me Under the Weeping Willow.

While on tour in 1973 Johnny Cash compiled a hand-written list for daughter Rosanne with the heading 100 Essential Country Songs. She picked 12 of those songs for her latest album, The List.

For whatever reasons, Cash has chosen to keep the identity of the other 88 secret, except for a few slips in interviews.

"It'll be in my lifetime," is the only answer she gives when asked when fans will learn the rest.

Cash has already started work on a followup to The List, which would contain another dozen or so of her father's choices. She says it's possible there could be a third List CD, but draws the line at that. So many of the songs simply don't suit her voice, style or gender.

When asked, she admits that her father included some of his own songs on the list, confirming I Walk the Line as one of them.

"My dad was very humble," she says. "He only included two of his own."

Rosanne also also lets slip that Hank Williams' I'm So Lonesome I Could Cry and Woody Guthrie's This Land Is Your Land are also list members.

But it's a tease. She won't go further.

Cash does admit, however, to wishing she had asked her dad to revise it before he died.

"It is one of my great regrets in life that I didn't think to ask him to update it," she says.

When asked if anything released since 1973 that may have made an amended list, she responds with George Jones' hit He Stopped Loving Her Today, written by Jones.

And where is the list now?

"It's still in the box," Cash laughs. "I haven't put it under glass or under armed guard."

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Lowe point for Brothers&Sisters
Rob Lowe will leave the ABC drama Brothers&Sisters at the end of the season, his publicist said Friday. THE ASSOCIATED PRESS

Scorpions readying final Sting

CURTAIN CALL The German rock band Scorpions is bringing down the curtain on a career spanning more than four decades.

The band, known for its early 1990s hit Wind of Change among others, said on its website Sunday that "we agree we have reached the end of the road."

It said it would end its career with a final album — Sting in the Tail, to be released in March — and a tour that will start in Germany in May and take it across the world "over the next few years."

Guitarist Rudolf Schenker founded the band in Hannover in 1965. Singer Klaus Meine joined a few years later. Both men are 61.

THE ASSOCIATED PRESS

HollywoodRants

Read the blog at metronews.ca/hollywoodrants

Angels and duds

Legion
Director: Scott Stewart
Stars: Paul Bettany, Dennis Quaid
Classification: STC
Rating:

ADAM NAYMAN
for Metro Canada

Paul Bettany plays an angel saving mankind in Legion.

Somebody up there has a sense of humour. How else to explain Paul Bettany starring in duelling new releases as both Charles Darwin and a badass angel bent on keeping God from destroying humanity?

Descending from the heavens into the L.A. night like Kyle Reese, Bettany's Michael is bent on making it out to the desert, to a truck stop housing a twangy Sarah Connor manque (Adrianne Palicki). Precisely why this dust-bunny's unborn child holds the key to humanity's salvation in the face of extermination is a question never addressed in Peter Schink and director Scott Stewart's screenplay.

A few other questions: Why does God's plan to eradicate his most beloved creations include so much stalling? (The first act plays like Dawn of the Dead, with possessed citizens assaulting the compound and getting shot up by Bettany and his motley crew of human pals, including Tyrese Gibson and a hook-handed Charles S. Dutton.)

Why does Michael's winged nemesis Gabriel (Kevin Durand) stop in the middle of his Divine errand to have a fistfight? When did Dennis Quaid go from the poor man's Harrison Ford to an ornery supporting role in mid-January studio dreck?

Legion is atrociously made, but what really rankles are its thinly veiled reactionary politics (in short: armed militias, good; abortions, not so much).

• For a trailer of Legion, photos and screen times, visit metronews.ca/movies

	PT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/25/10 primetime		265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		Great Escape: Reckoning		Agenda-Paikin
		211	331	3	GTV	ET Canada	Entertainment	House "Remorse" (N)		24 (HDTV PA) (N)		Heroes (HDTV) (N)		News Hour
		-	-	5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (SC)	C.A. (N) (SC)	Le Téléjournal Nouvelles. (SC)		La Zone (SC)
		209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Tough Love		The Listener (DVS)		Castle "The Third Man"		Comedy Now
		196	311	7	CTV	etalk	Access H.	American Idol (HDTV) (N)		Two/Half Men	Big Bang Th	CSI: Miami "Bad Seed"		CTV News
		208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	Winnipeg Comedy		CBC News: The National		The Hour
		-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Chuck (HDTV) (N)		Heroes (HDTV) (N)		The Jay Leno Show (N)		News
		117	713	10	TVA	Bloopers TVA	Mtl	Yamaska (HDTV) (N) (SC)		Dr. House (HDTV) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
		-	-	11	QS	Wipeout (N) (SC)		CSI: NY "Help" (N) (SC)		Le Mentaliste (N) (SC)		Guerre clans	L'Attaque à 5 (N)	
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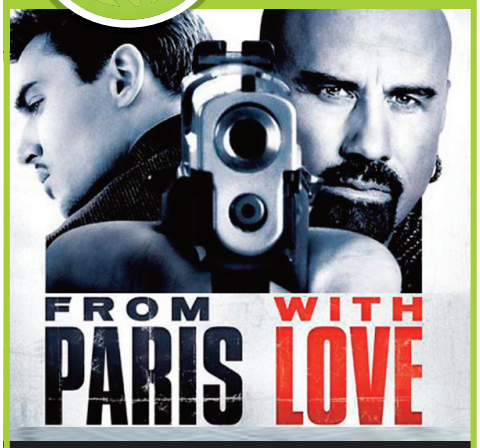
		-	362	13	CBS	The Insider (N)	Judge-Brown	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami "Bad Seed"		Two/Half Men
		216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
		214	344	15	CITY	Law and Order		The Bachelor: On the Wings of Love (HDTV) (N)				The Jay Leno Show (N)		News
		115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
		218	345	18	CHCH	*Drop Dead Gorgeous* ★★ (1999, Comedy) Kirsten Dunst.				*Forever Young* ★★★ (1992, Romance) Mel Gibson.				News at 11 (N)
		-	361	20	ABC	Action News	Entertainment	The Bachelor: On the Wings of Love (HDTV) (N)				Castle "The Third Man"		News
		512	396	24	CPAC	(4) Dossier public		Heure polit.	L'Heure politique				Tête-à-tête	Dossier public
		651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	House "Remorse" (N)		24 (HDTV PA) (N)		FOX 2 News (N)		News
		-	-	64	PBS	Business Rpt.	Wings-Canada	Antiques Roadshow (N)		American Experience (N)		Sound Tracks: Music-Borders		Charlie Rose
		205	312	104	CTV	etalk	Access H.	American Idol (HDTV) (N)		Two/Half Men	Big Bang Th	CSI: Miami "Bad Seed"		CTV News
news		502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		The 40 Year Secret (N)		National
		500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports		406	417	27	net	Skiing		Skiing FIS World Cup Skicross.		Skiing	Hockey	Sportsnet Connected		Prime Time
		126	730	28	RDI	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
		400	280	30	TSN	NHL Hockey Pittsburgh Penguins at New York Rangers. (HDTV) (Live)					Tennis Australian Open, Men's and Women's Quarterfinals.			
		410	403	52	SCR	RaceNight				(9:15) WWE Monday Night RAW With Michael Cole and Jerry Lawler.				
		411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
		417	406	59	SC	Pass Time	NASCAR Hub	SuperCars	SuperCars	Barrett-Jackson		Grand Am: 24 Hours at Day		Car Crazy
family		554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
		551	542	65	YTV	Scorpion	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
		570	580	29	MM	The Daily Fix		Ranked!		Behind the Music "Pink"		Entourage	Wild 'n Out	mmtop10.ca
		615	520	31	A&E	Criminal Minds (HDTV)		Intervention Relapse.		Intervention "Robby" (N)		Hoarders (HDTV) (N)		Paranormal
		628	584	32	SPKE	*Deep Blue Sea* ★★ (1999, Science Fiction) Thomas Jane.				UFC Unleashed (HDTV)		UFC Unleashed		Best of PRIDE
cable variety		521	560	34	TLC	World Chocolate		Cake Boss	Cake Boss	Cake Boss (N)	Cake Boss	Cake Boss	Cake Boss	Cake Boss
		145	761	35	TV5	Les Carnets du bourlingueur		Rome secrète				Voyageur	Urbania	TV5 Le Journal
		616	521	39	SHO	Relic Hunter		*Secret Lives* (2005, Suspense) Daphne Zuniga.				Bones "Judas on a Pole"		NCIS
		620	523	40	BVO	Ahead of the Curve		McLauchlan	6 Possibilities	The Susan Boyle Story		Paul Potts-Royal		Law & Order
		520	505	42	DIS	Daily Planet (N)		MythBusters		Breaking Point "Bus" (N)		Dirty Jobs "Marble Maker" (N)		Daily Planet
		575	583	43	CMT	Due South		Amer. Funniest Home Videos		Gilmore Girls		*The Bodyguard* ★★ (1992, Drama)		
		601	562	45	SLC	Rich Poor	Rich Poor	Nearly Dead	Newlywed	Tori & Dean: Home		Love Inc.	Love Inc.	ET Canada
		625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	John Oliver's Stand-Up Show		Daily Show
		294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		*Code Name: The Cleaner* (2007, Comedy)		
		600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	House Hunters	Holmes-Homes
		627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Dead Is Dead"		*Blade Runner* ★★★ (1982, Science Fiction) Harrison Ford, Rutger Hauer.				
		581	566	53	MTV	Over the Bolts	After Show	Cribs	Parent Control	Life of Ryan	Buried	Buried	Life of Ryan	MTV Live
		618	524	54	TROP	Re-Vamped		Parking Wars	Parking Wars	Flipping Out "Bad Mojo"		Launch My Line		Prod. Parker
		522	506	55	HIS	Diamond Road		Greatest Tank Battles		Lost Worlds		Shockwave		Tank Battles
		129	773	60	CD	Biographies "Billy Crystal"		Ça bouge en grand (HDTV)		Dévoré vivant Ours enragés.		Les Enquêtes du NCIS (HDTV)		Ondes de choc
		261	394	61	V	Murder, She Wrote		Husband & I	Wait for God	Doc Martin: On the Edge				Poltergeist
		602	567	62	W	Supernanny		Dine With Me	How Clean Is	Love It or List It		Love It or List It "Shanahan"		Confidential
		269	350	70	APTN	Hockey	Shaputuan	Notre Peuple		*Kaboonak* ★★★ (1994, Drama) Charles Dance.				Shaputuan
		621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
		603	561	95	FN	Ricardo	David Rocco	Restaurant Makeover		Top Chef Masters		Pitchin' In	Glutton	Restaurant

club metro
WEEKLY REWARDS



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Live long and prosper ... in Alberta?
Leonard Nimoy is planning to visit the Alberta community of Vulcan on April 23 as part of a comic book and entertainment exposition being held in Calgary. THE CANADIAN PRESS

Celebrity Buzz

Assessing their assets

WHO GETS THE FRENCH CHATEAU? WHO GETS THE L.A. COMPOUND? WHO GETS THE BRAT PACK? Brad Pitt and Angelina Jolie are reportedly splitting up, having signed paperwork earlier this month dividing up their shared assets and determining custody of their six children, according to the News of the World.

"The contract was like a tailor-made version of a prenuptial agreement except for an unmarried couples' split," a source tells the newspaper. "It seemed clear they want the world to know they'll both play a part in the upbringing of the children. But Angelina will actually be the one who lives with them full-time."

A rep for the couple was quick to issue a denial to Perez Hilton, insisting no such document exists.

METRO WORLD NEWS

GETTY IMAGES

It's a simple life for her

SHE JUST WANTS TO BE BAREFOOT, RAISING BABIES AND SCATTERING GRAIN TO A FLOCK OF HUNGRY CHICKENS It looks like Lily Allen's attempt to step out of the spotlight are because she wants to start a family.

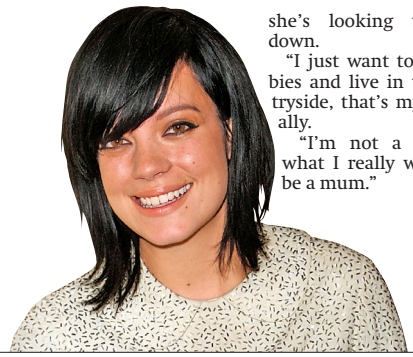
"I want to have a baby. I'm not saying I'm pregnant now," she told fans at Australia's Big Day Out music festival recently, according to Hollyscoop.

And in a recent interview, the singer admitted she's looking to settle down.

"I just want to have babies and live in the countryside, that's my goal really.

"I'm not a careerist, what I really want is to be a mum."

METRO WORLD NEWS



No, don't touch, Dick

GOOD TOUCHING VS. BAD TOUCHING Comedian Andy Dick was arrested on two counts on sexual abuse before he was set to perform at a comedy club in West Virginia, according to TMZ.

Dick was allegedly talking to a male patron when he "unexpectedly and without invitation grabbed the victim's crotch, repeatedly groping then kissing him," according to the criminal complaint.

Dick also allegedly grabbed the crotch of a security guard.

Dick is currently on probation from a sexual assault arrest last year.

METRO WORLD NEWS

Yes, that's right. Wave goodbye to freedom

NO MORE APRÈS-SKI FOR YOU Bad news for Roman Polanski: A Los Angeles judge has decided that the embattled director cannot remain under house arrest in Switzerland and must return to California for sentencing, according to the Los Angeles Times.

"I have made it clear he needs to surrender," Judge Peter Espinoza says. "In defence of the integrity of the justice system, he needs to surrender."

METRO WORLD NEWS

One badass British bird

OR AT LEAST SHE WAS, BACK IN THE DAY Oscar-winning actress Helen Mirren regrets the tattoo she sports on her left thumb, she admits, but not because she got it while she was "very, very drunk," she explains to People magazine.

"I decided to get a tattoo because it was the most shocking thing I could think of doing.

"Now I'm utterly disgusted and shocked because it's become completely mainstream, which is unacceptable to me."

METRO WORLD NEWS

Baby boy Douglas does time

SUCH SOFT HANDS IN SUCH A HARD PLACE Michael Douglas is worried about what will happen to his son, Cameron Douglas, behind bars. Cameron was arrested in July for possessing half a pound of methamphetamine.

"Cameron has a lot of life ahead. He now recognizes his own demons and struggles," Michael tells AARP magazine.

"He's a tough kid. Still, he's in a federal prison, and you've got some big, bad boys down there."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

Today, **ANDY DICK** comments on his recent arrest, **FRED DURST** keeps his anger concealed, **LISA LOEB** is dishing out recipe ideas, and **HEIDI MONTAG** is offering free advice.

@andydick there are two sides to every story. please reserve judgement until you hear mine. thank you.
@freddurst When someone's being a jerk to me and my hands are in my pockets I am flipping them off. Feels good.
@lisaloeb4real busy with the baby! Fast food at home- steamed Japanese rice, spinach, red peppers, dollop of pecan butter, tofu, microwave. dash of salt.
@heidimontag note to anyone who gets a nose job, take off your tape in the shower after it is wet!

METRO WORLD NEWS

Jeff is Crazy, Sandra is Blind and Tarantino is a Basterd at the SAGs

WHERE EVERYONE PAT THEMSELVES ON THE BACK Jeff Bridges of Crazy Heart and Sandra Bullock of The Blind Side claimed top acting honours at Saturday's Screen Actors Guild Awards, building momentum for possible Academy Awards glory for the two stars.

"I love being an actor — pretending to be other people and getting into the shoes of other folks," said Bridges, who plays a hard-luck, hard-living country singer in the drama.

Although respected by his peers, Bridges has largely been bypassed for major awards. Bullock also got a rare chance to bask in the awards spotlight, winning for her portrayal of a tenacious real-life mom, Leigh Anne Tuohy, who helped a youth in need, future NFL player Michael Oher.

Both Bridges and Bullock had picked up Golden Globes trophies for their roles less than a week ago. Backstage, Bullock refused to speculate on her Oscar chances in March.

"Shhhhh. Shhhh. Shhhh," she said, repeatedly, to a reporter asking the question.

"I would be a hostess or a waitress or a house restorer before I ever considered myself an actor, because I never thought I was good enough," Bullock added.

In another repeat of the Golden Globes, Christoph Waltz was honoured as best supporting actor for his role as an energetically ruthless Nazi in the film Inglourious Basterds, while Mo'Nique's searing portrayal of an abusive mother in Precious: Based on the Novel Push By Sapphire, was honoured as best supporting actress.

The cast of Inglourious Basterds, an off-kilter Second World War revenge saga from Quentin Tarantino, won the award for best ensemble performance, a possible sign of the film's Oscar chances for a best-movie nomination and nod for Tarantino.

While Alec Baldwin and Tina Fey of NBC's 30 Rock won for best acting in a comedy series. THE ASSOCIATED PRESS

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Today
Rain
100%
8° / -3°

Tuesday
Flurries
40%
2° / -13°

Wednesday
Mainly sunny
-9° / -13°

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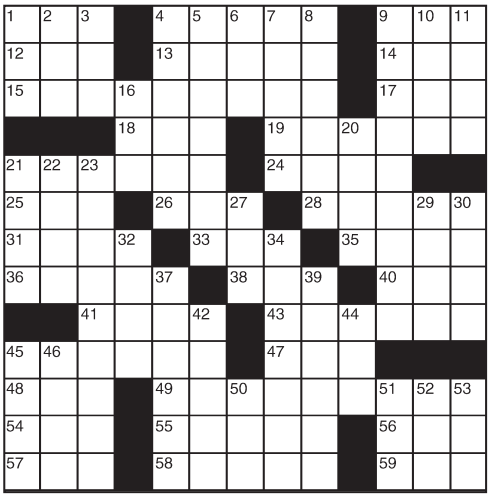
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3		1				5		7
	7		9		2		1	
5			7		1			9
		4	3		9	2		
		9	4		5	8		
6			2		7			5
	1		5		6		4	
9		8				6		2

ACROSS

1 Little white lie
4 Sun-related
9 Beef moistener, on menus
12 Genetics abbr.
13 Mediterranean island
14 Multipurpose truck
15 Lake Erie city
17 Lisa Simpson's instrument
18 Clay, today
19 Care-less attitude?
21 Tyke
24 Antitoxins
25 Discoverer's call
26 Weir
28 Unpaid bills
31 Old letter opener
33 Science workplace
35 Drench
36 Clan emblem
38 Toothpaste type
40 Reuters competitor
41 Birds, to Brutus
43 Took a nap
45 Straight
47 Past
48 Part of R.S.V.P.
49 1953 Eartha Kitt Christmas song
54 Compass dir.
55 Vinegar bottle
56 Golfer's prop
57 In medias —
58 Steppenwolf author
59 Kitten's comment

DOWN

1 Monk's title
2 — and outs
3 Scrooge's remark
4 Climbed
5 In a circular path
6 Romanian money
7 Book of maps
8 Harvested
9 Almost
10 Provo's state
11 Alluring
16 Spigot
20 War god
21 Greatest
22 15-Across' state
23 Small TVs
27 Periodical, briefly
29 Recording
30 Hit the ice
32 Golfer Ballesteros
34 Scolds
37 Honorable guy
39 Emissary
42 Don't blink
44 Weep loudly
45 Addict
46 Three squared
50 Greek consonants
51 $ dispenser
52 Spelling contest
53 Evergreen type

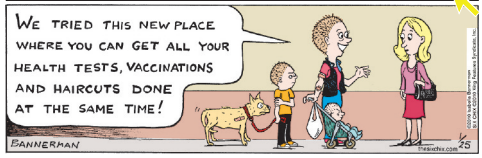
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

H	A	M		S	P	A		G	R	A	S	S		
A	L	A		H	O	T		R	A	T	I	O		
V	E	T		O	N	E	L	I	N	E	R	S		
O	P	T		O	D	I	U	M						
C	H	E	Z	E	N	S		B	A	B	E			
			O	U	R		T	W	O	B	I	T		
O	W	E	N	S			A	R	E	N	A			
T	H	R	E	E	D		D	N	A					
T	O	A	D		U	S	A		X	M	A	S		
			A	L	A	M	O		A	R	T			
F	O	U	R	F	L	U	S	H		C	O	O		
C	A	T	E	R		D	O	M		A	M	P		
C	R	E	D	O		I	N	S		W	A	S		

5	2	3	1	4	6	8	9	7
4	9	1	5	7	8	2	3	6
6	7	8	3	2	9	1	4	5
7	8	4	6	5	3	9	2	1
9	3	5	2	1	7	4	6	8
1	6	2	9	8	4	7	5	3
2	1	9	7	3	5	6	8	4
3	4	6	8	9	1	5	7	2
8	5	7	4	6	2	3	1	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Bacon and Potato Salad

INGREDIENTS:

2 lb (1 kg) pre-washed baby potatoes, halved
5 strips bacon, chopped
4 medium eggs, hard-boiled and quartered
1/4 cup (50 mL) dill pickles, chopped
3 tbsp (45 mL) fresh flat-leaf parsley, chopped
2/3 cup (150 mL) good-quality mayonnaise
4 tbsp (60 mL) sour cream
1 tbsp (15 mL) lemon juice
1 tsp (5 mL) ground paprika
2 tbsp (25 mL) fresh dill, chopped

METHOD:

1. Fill large pot halfway with water, add potatoes and bring to boil. Reduce heat and simmer 10 to 12 minutes or until just tender. Drain.
2. Fry bacon in lightly-oiled frying pan over high heat until crisp. Drain on paper towels.
3. Place warm potatoes in a large serving bowl. Add eggs, cucumbers and parsley, and toss gently. Combine mayonnaise, sour cream, lemon juice and paprika in small bowl Add to salad and toss gently.
4. Divide into four bowls, sprinkle bacon and dill on top and serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
This week's cosmic alignments urge you to be more assertive and ambitious. Don't just aim to make an impression, aim to make it a big one.

TAURUS ♉
APRIL 21-MAY 21
So many things in your life will change this week that your head will spin! By the time you recover, it will be too late to change back.

GEMINI ♊
MAY 22-JUNE 21
Don't let other people hold you back or dent your self-belief. You're a winner, not an also-ran.

CANCER ♋
JUNE 22-JULY 22
Don't worry if something of value goes out of your life this week. What comes into your life will more than make up for it according to your solar chart.

LEO ♌
JULY 23-AUG 23
You don't always tell partners and loved ones how much you care, but you must tell them this week.

VIRGO ♍
AUG 24-SEPT 22
Both at home and at work you will be called upon to shoulder burdens that normal human beings find impossible to carry.

LIBRA ♎
SEPT 23-OCT 23
This coming week's cosmic activity is so in your favour that no one and nothing can come between you and your desired goal.

SCORPIO ♏
OCT 24-NOV 22
Assert your authority and make sure you get whatever it is you desire. That applies to all areas of your life, but especially to your work.

SAGITTARIUS ♐
NOV 23-DEC 21
While others are falling by the wayside and failing to make the grade you will thrive on the pressure and move ahead in leaps and bounds.

CAPRICORN ♑
DEC 22-JAN 20
Promise yourself that you won't waste what you earn this week on things you really don't need. Save for the future – it will be here soon enough.

AQUARIUS ♒
JAN 21-FEB 18
You can expect some extraordinary things to happen. But they will be more extraordinary if you make them happen yourself.

PISCES ♓
FEB 19-MARCH 20
You may feel a bit unsure of yourself as the new week begins but chances are you are worrying for no good reason – again.

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TICO

This day in history

1327: Edward III becomes King of England.
1791: The British parliament passes the Constitutional Act of 1791 and splits the old province of Quebec into Upper and Lower Canada.
1915: Alexander Graham Bell inaugurates U.S. transcontinental telephone service, speaking from New York to Thomas Watson in San Francisco.
1924: The 1924 Winter Olympics open in Chamonix, France (in the French Alps), inaugurating the Winter Olympic Games.
1971: Charles Manson and three female "Family" members are found guilty of the 1969 Tate-LaBianca murders.

METRO NEWS SERVICES

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